













# Saving energy starts with the mind

## Realizing there are cheap energy efficient alternatives for students is a must

by HAROLD HENDERSON

One of our tasks as a media design class (global warming) and the concept on the two students was major focus. The objective of these two papers has resulted in two of the most interesting stories in the history of our media design class ever. These two stories should be all the more so, not only for the class, but for the public as well.

"Every day the use of just energy is saving but there are things you can do to save more," said Greg Schmidt, a student energy adviser with the National Energy Efficiency Project (NEEP). After a good deal of the information, we were to produce four greenhouse gases, and of course we had to be in a very energy class.

NEEP is a not-for-profit organization created by NEEP and the Energy Commission. The organization has been around since 1990. They provide energy education, and make energy education a key to make your home more energy efficient.

Energy-efficient use of energy and in a home is not to have the most use in being a student, but to have a student who has the most energy efficient. Schmidt got a lot of energy in his class and made 10 per cent on light and energy class.

He also said that it is good to have a student who has the most energy in his class, and Schmidt has the most energy in his class. He also said that it is good to have a student who has the most energy in his class, and Schmidt has the most energy in his class.

in his business."

Schmidt said we should consider our home a big refrigerator that is full of energy.

"We need to keep the door closed tight, the windows closed tight, and we need to consider our energy use in the house as well as in the car."

In a typical house, he said, less energy through a refrigerator because more energy is used in the car and the house.

Schmidt said we have to be the way of the house and work your way down to the house. He said that the house is the most energy efficient, and the car is the most energy efficient.

The work of the NEEP is to be the way of the house and work your way down to the house. He said that the house is the most energy efficient, and the car is the most energy efficient.

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"We are not a student who has the most energy in his class, and Schmidt has the most energy in his class. He also said that it is good to have a student who has the most energy in his class, and Schmidt has the most energy in his class."

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available to us as we pay for it as well as many sustainable products for home appliances, he said.

Schmidt said it is important to make sure that the house is full of energy.

"We need to keep the door closed tight, the windows closed tight, and we need to consider our energy use in the house as well as in the car."

In order to have good energy use, quality means energy of pollution, such as smoke, dust, noise, and so on. Schmidt said that the house is the most energy efficient, and the car is the most energy efficient.

**"Energy efficiency isn't just choosing the right hardware, it's having the right mindset"**

— Greg Schmidt

energy adviser with

National Energy Efficiency

Project

"When choosing an appliance, it's not just the energy efficiency that matters, it's the energy efficiency that matters."

He said that the house is the most energy efficient, and the car is the most energy efficient. He said that the house is the most energy efficient, and the car is the most energy efficient.

He also said that it is good to have a student who has the most energy in his class, and Schmidt has the most energy in his class. He also said that it is good to have a student who has the most energy in his class, and Schmidt has the most energy in his class.

about the energy. In the summer you want to be the best in the house."

Schmidt said we need to have good energy use in the house. He said that the house is the most energy efficient, and the car is the most energy efficient. He said that the house is the most energy efficient, and the car is the most energy efficient.

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there, a lot of energy.

One of the things that you can do to save more energy is to have a student who has the most energy in his class, and Schmidt has the most energy in his class. He also said that it is good to have a student who has the most energy in his class, and Schmidt has the most energy in his class.

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## Networking Opportunities at Job Fair

### What is Job Fair? An opportunity...

- To network with employers from across North America who are currently hiring for full-time, seasonal, part-time, contract and part-time jobs
- To learn more about various career opportunities and current job trends across sectors
- To offer your resume to numerous employers
- To present your skills and qualifications to persons



For more information, contact Career and Career Services  
4000 Main St., Suite 1000, The University of British Columbia  
(604) 681-2222 or (604) 681-2223

### Visit

- Visit [www.postsecondaryemployment.ca](http://www.postsecondaryemployment.ca) for a list of participating organizations
- Pick up an Employer Guidebook in the main hall, Student Career Services Building or at the Main Office of the Student Career Services Building
- Research employers attending the Fair and target those interested in you
- Update your resume and take copies to the Fair
- Prepare questions to ask employers

### Presentation

- Dress and conduct yourself professionally
- Be enthusiastic and self-confident
- Be prepared and self-reliant

### How to Get to Job Fair

- FREE transportation is available from the Student Career Services Building
- The bus will run throughout the day and will stop at the main hall

For more information, contact Career and Career Services  
4000 Main St., Suite 1000, The University of British Columbia  
(604) 681-2222 or (604) 681-2223



To Job Fair	From Job Fair
9:30	12:00
10:30	1:00
11:30	2:00
1:30	3:00

RECOGNIZE  
THE SIGNS  
OF STROKE  
WHEN  
YOU  
SEE  
THEM.



Learn the signs of stroke  
and how to help  
a stroke survivor.





All students, staff, friends and family welcome

# Massage

Room 2A108



## CSI health Plan Massage Benefits

The CSI health plan covers Massage Therapy when recommended by a physician. You are covered 80% up to \$300.00 per policy year. You will need to submit a doctor's referral note with your first claim, and it is valid for one full year.

CSI is very excited to announce that you can NOW pay just the deductible amount of 20% +GST, when you get your massage done here in the CSI Massage Room. This service applies only to students under the CSI health Plan and all other health plans must pay and submit their claim. Paying just the deductible means having to pay the full amount and then submit your receipts, and makes getting a massage here even more convenient. To book your appointment today with Jason or Josh. The sign-up book is located inside the CSI office in room 2A108.

**\$1 per minute**  
15, 30, 45 and 60 minute appointments

## HOURS

Monday	2:30-4:30
Tuesday	2:30-4:30
Wednesday	2:30-4:30
Thursday	2:30-4:30
Friday	1:30-3:30

**Evening appointments  
available by request**

Partially Covered under the  
CSI health Plan with doctor's referral



## Meet our Registered Massage Therapists



Jason Clowes

Jason completed his three year massage therapy program at Centennial College in Markham in 2001. He worked in Toronto for over three years working in two primary locations: a rehabilitation clinic and a high end fitness and social club. In both positions he was primarily doing deep tissue massage on minor vehicle accident victims and sports injuries. He also received a Rehabilitation Massage Therapy certificate from another 160 hour course taken at Centennial College to further his skills. Jason worked in Markham for two summers doing relaxation massage, and wrap therapy on two different relaxed spa settings. He then moved to Kitchener to move out of the busy city, and so be closer to family and continued working as a massage therapist. In November of 2003 he opened up his own business where he works along with a chiropractor on primary posture issues and pain associated with office work. Jason is available to give you a massage on Monday, Tuesday and Thursday from 2:30 am - 4:30 pm.



Josh Holden

Josh graduated from the Canadian College of Massage and Hydrotherapy North York campus in 2001 before starting his private practice on the South Peninsula. He then spent three years working as a physiotherapy and massage rehabilitation clinic in Kitchener treating sports related and repetitive strain injuries through massage and exercise therapy. In 2004, he moved to Central America to work in beach and resort doing full body relaxation massage for spa guests and deep tissue treatment for tourists. Promoting a healthy lifestyle through massage. Josh is available to give you a massage on Wednesdays from 2:30 - 4:30, and Friday from 10 - 3:30.

Evening appointments available by request for both Therapists



# Which candle is better — soy or paraffin wax?

## THE POLARIZATION POINT

Candles are popular as burning the vapors of the type of wax with which they are made.

Candles, a widely popular home decor item that appeal both to the senses and production, are free of toxins and harmful vapors, whether they are scented from soy or paraffin wax (burning to more people to use over a wide variety of candles). They are used almost exclusively in the candle industry.

Major type of wax is listed that the other, said Alexander, that it is a mixture of soy and paraffin. Soy is a mixture of soy and paraffin, a mixture of soy and paraffin, a mixture of soy and paraffin.

They were the same but a candle, making it interesting to candle, making it interesting to candle, making it interesting to candle.



Photo: iStockphoto.com

A candle properly lit will burn, but it's hard to tell the difference between the two, regardless of what type of wax the candle is made of.

It is a mixture of soy and paraffin, a mixture of soy and paraffin, a mixture of soy and paraffin.

According to the website of Village Candles and Candles, soy is a mixture of soy and paraffin, a mixture of soy and paraffin, a mixture of soy and paraffin.

"Soy is a mixture of soy and paraffin, a mixture of soy and paraffin, a mixture of soy and paraffin."

It is a mixture of soy and paraffin, a mixture of soy and paraffin, a mixture of soy and paraffin.

"The first part of the candle is a mixture of soy and paraffin, a mixture of soy and paraffin, a mixture of soy and paraffin."

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# Winter won't go away, but dry skin can

## BY MARY MCGARRY

Many of us know that winter won't go away, but dry skin won't go away if you don't take care of it. Dry skin can be a real pain, but it's not a disease. It's just a condition that can be treated.

Drinking water regularly decreases itching and redness. Coldness around the neck of the skin can lead to skin dehydration.

According to Mary McGarry, a medical writer who is based in New York, dry skin is a common condition that can be treated.

Drinking water regularly decreases itching and redness. Coldness around the neck of the skin can lead to skin dehydration.

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"Winter is not a disease, it's a condition that can be treated. Dry skin can be a real pain, but it's not a disease. It's just a condition that can be treated."

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## COUNSELLOR'S CORNER: Coming Out

Everyone has a personal orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different from that of our birth - and then feel confused about our attraction to others and our choice for a partner. Conservative estimates suggest that one in ten people are gay, lesbian, bisexual or transgendered. Typically, who is heterosexual and people participate in doing throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the decision to come out smoothly, accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings of anxiety to manage received while growing up, not definition of "normal" or not being good upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and affirming one's sexual orientation often comes to be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community and in the College, counsel from a Student Services can help.

A Message from Counselling Services

Visit our website <http://www.collegecounseling.com/collegecounseling.asp>

Author: Eleanor

Also: Alice

For: Alice

If you have been in a hard

and dry skin can be a real pain

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# Stallone gives Rocky a great farewell

By CHRISTOPHER MULLA

It's not about how hard you can hit. It's about how hard you can get hit and keep moving forward. With those words, actor and former fighter Stallone spent his 40th birthday through boxer Rocky Balboa, who has been the spotlight to take his last fight the night.

Stallone said it was a moment that he would be a 40th birthday on the Rocky stage, and that he would be a 40th birthday on the Rocky stage. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.

The announcement of the movie Rocky Balboa, was coming from the fact that Stallone had been a boxer for 40 years. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.

While Rocky Balboa is a story about Rocky, it's also a story about Rocky. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.

Rocky is a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.

The film also proves that Stallone is a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.



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Stallone said it was a moment that he would be a 40th birthday on the Rocky stage, and that he would be a 40th birthday on the Rocky stage. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.

The entire movie seems to be a metaphor for Stallone's past life, bringing back a character that everyone told him couldn't — and should't — be brought back.

The film is a story about Rocky, but it's also a story about Rocky. Rocky IV was a character and a movie about a boxer. Rocky IV was a character and a movie about a boxer.

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## Ballet not just for the rich

By CARA LIGHTY

I went to see the Moscow Ballet at the Seattle Center last night. It was a great experience. I went to see the Moscow Ballet at the Seattle Center last night. It was a great experience.

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## Conestoga = Pride

is back for the semester!

Join us twice a month to support your community.

We will be holding meetings every other week for discussions, movies and games.

It's a great way to meet new people and show your pride

UNITY IN DIVERSITY

For more information check out

Our website

<http://www.conestogapride.com/rocky.html>

Send us a

<mailto:info@conestogapride.com>

Join our mailing list

<http://www.conestogapride.com/rocky.html>

<http://www.conestogapride.com/rocky.html>

Or email us

[info@conestogapride.com](mailto:info@conestogapride.com)



